



ELMWOOD SENIOR CENTER

**"Experience the Energy"**

# Vive La France



## A Culinary Journey through the Regions of France

Join Madame Machele for one or several hands-on French cooking experiences. Each month we will offer a class focused on the region and prepare and enjoy a meal typical to that area. Students are urged to bring an apron and/or wear casual clothes for cooking. All ingredients are included in each session. Students will work in groups of 4 to prepare recipes for each region and will enjoy the "meal" together at the end of class.

## "Favorites of the South of France"

The mild climate and proximity of Provence to the Mediterranean Sea provide an abundance of fresh fish, vegetables and fruits throughout the year. In this session, we will prepare a traditional Provencal meal highlighting these ingredients. We will also discuss the wines of the region and how to pair them with this meal. **Instructor: Machele Rosenlieb**

PROGRAM	DAY	DATE	# SESSIONS	TIME	MEM/RES/NRES
392906A	Thu	8/23	1	10:30A – 12:30P	\$28/\$30/\$32

**Register in the Elmwood Senior Center Office or online**

TOWN OF WEST HARTFORD – Dept. of Leisure Services  
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